

Sugar Facts

A Key to Choosing Healthy Foods

Glucose, sucrose, fructose and maltose are all types of sugar.

They are easily spotted in the ingredients list because they all end with the letters 'ose'.

A teenage boy between 11 and 14 years of age should eat no more than 65 grams (13 teaspoons) of sugar in one day.

A teenage girl between 11 and 14 years of age should eat no more than 54 grams (just under 11 teaspoons) sugar in one day because girls don't need quite as much energy.

It is very easy to eat too much sugar because it is added to so many foods and drinks.

Just look at these products:

- A normal can of cola contains about 35g of sugar.
- A normal 'energy drink' can contain about 68g of sugar.
- A bowl of high-sugar cereal contains about 12g of sugar.
- A normal bar of chocolate contains about 30g of sugar.



The natural sugar content in fruit releases energy more slowly than the added sugars found in sugary drinks and cereals.

Although protein, carbohydrates, and fat also give us energy, our bodies take longer to digest them. Added sugar, on the other hand, gives us immediate energy.

Sugar does not contain any vitamins or minerals that your body requires.

Since sugar doesn't provide anything but energy, it is often referred to as having "empty calories."

Bacteria in your mouth feed on sugar and then produce chemicals that dissolve tooth enamel. When that happens, cavities form.

When your body has all of the energy it needs from sugar, it converts the excess into **FAT** and stores it. That is one of the reasons people gain weight.



